

**6th EPIC Mental Health Update Day**

***Engaging as Partners in Care***

**Thursday 9th December 2021 9.45am – 4.30pm**

**(Registration and refreshments from 8.45am)**

**Principal York Hotel YO24 1AA**

**WORKSHOP BOOKING FORM**

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| **Name** |  |
| **GP Practice** |  |
| **Job Role** |  |
| **Email** |  |
| **Telephone number** |  |
| **GP Practice Address** |  |
| **GP Practice Manager & Email (optional)** |  |
| **Dietary requirements (please state)** |  |

**Please state below your preferred options for workshop attendance completing ALL boxes *(workshop synopses and presenter biographies are included below*):**

**Workshop 1: 11.15am to 12.30pm**

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| **Title** | **Your preference 1 to 4 (first choice is 1)** |
| Managing challenging behaviour in learning disability |  |
| Behavioural presentations and needs in young people  |  |
| Long Covid and Mental Health |  |
| Managing depression and anxiety in Primary Care  |  |

**Workshop 2: 1.30pm to 2.45pm**

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| **Title** | **Your preference 1 to 5 (first choice is 1)** |
| Eating disorders for GPs |  |
| Managing self-harm in adolescents |  |
| Mental health consultation skills for GPs  |  |
| Working with patients who have a diagnosis of emotionally unstable personality disorder (EUPD within GP settings) |  |
| Responses to Trauma for Professionals |  |

**Workshop 3: 3.15pm to 4.30pm**

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| **Title** | **Your preference 1 to 5 (first choice is 1)** |
| Adult ADHD for GPs |  |
| Problem Gambling – What GP’s need to Know  |  |
| Suicide – awareness and prevention |  |
| Introduction to CFD/IPT and how they are used in IAPT |  |
| Dementia in people with learning disability |  |

**Please return forms to:** tmetcalfe@nhs.net

**Contact Telephone:** 07966 991546

**Please note: *Photographs will be taken throughout the Conference by our staff. If you do not wish to be photographed please contact the conference organiser or a member of staff on the morning of the event.***

*For office use only:*

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|  | Application form number |  |
|  | Application form logged | [ ]  |
|  | Date application logged |  |

***General Data Protection Regulation (GDPR) came into effect on the 25th May, 2018. TEWV is committed to meeting the legal obligation contained within this legislation and with this ensure that all personal information contained within this form will be processed, stored and used etc. to meet GDPR principles.***

**Workshop Synopses and Presenter Biographies**

**Workshop 1: 11.15am to 12.30pm**

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| **MANAGING CHALLENGING BEHAVIOUR IN LEARNING DISABILITY IN LINE WITH STOMP (STOPPING OVER MEDICATION OF PEOPLE WITH LEARNING DISABILITIES AND/OR AUTISM)**Dr Neel Murugesan - Consultant Psychiatrist in Adult Learning Disabilities**Workshop synopsis**This workshop aims to provide delegates with an awareness and knowledge on :* STOMP ( Stopping Over Medication/Prescribing in people with learning disabilities and autism )
* Behaviour assessment and management in Learning Disabilities practice
* Positive behaviour support

**Biography** Dr Neel Murugesan completed his psychiatry training in UK and has been a consultant learning disability psychiatrist since 2011. Neel signed the STOMP pledge for TEWV in April 2017. He completed a masters in Autism at Teesside University in 2016.Email: Neelakandan.murugesan@nhs.net Telephone: 03000 264803 |

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| **BEHAVIOURAL PRESENTATIONS AND NEEDS IN YOUNG PEOPLE** Kaylee Anderson - Clinical Nurse specialist and Positive Behavioural Support Lead for Teesside CAMHS.Emma Rogan – Clinical Nurse Specialist within the Intensive Positive behaviour support team Teesside CAMHS.**Workshop synopsis**This workshop will focus on understanding and identifying the different causational and maintaining factors for young people who may present to your surgery with behavioural needs.  We will consider the needs of these young people and their families, and how to signpost and refer them to the most appropriate service for their needs**Biography** Kaylee is a Specialist Clinician working in the area of Positive Behaviour Support in Teesside CAMHS. She supports the service to understand the range of behavioural presentations of young people accessing CAMHS.Emma is a Specialist Clinician working in the Intensive Positive Behaviour Support service in Teesside CAMHS. She supports the service to work with young people under 18 with Learning Disabilities with functional challenging behaviour considered to have severe behaviour of concern/distress and where the home situation at risk of breakdown or admission is being consideredEmail: kaylee.anderson@nhs.net / emmarogan@nhs.net |
| **LONG COVID AND MENTAL HEALTH** Dr Philippa Bolton is a Consultant Liaison Psychiatrist**Workshop Synopsis**This workshop will cover an up to date review of evidence regarding long covid, clinician experience from working in a long covid clinic, and practical ways to support people who are living with long covid. As a psychiatrist working in the long covid service, one of the major surprises has been the very high level of depression and anxiety that has been observed in the cohort and consider whether depression and anxiety may, in fact, be core diagnostic symptoms of long covid. Some patients find this difficult to accept and we will look at how to overcome stigma by considering the consequences on overall outcome of treating, or not treating, depression and anxiety. **Biography**Dr Philippa Bolton is a consultant liaison psychiatrist who now works almost exclusively with community patients who have persistent physical symptoms, a very new but rapidly growing area of medicine. She is a graduate of Aberdeen University, subsequently completing a master’s degree in medical science from Leeds, and post graduate certificate in medical education from Newcastle. She also currently works for the Northern Clinical Network as a Clinical lead and works with the ICS to improve care for patients with persistent physical symptoms. Email: philippa.bolton1@nhs.net |

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| **MANAGING DEPRESSION AND ANXIETY IN PRIMARY CARE** Dr Ranjeet Shah - Consultant Psychiatrist (Hartlepool Access and Affective Disorders), and Associate Clinical Director (Adult Mental Health Teesside)**Workshop synopsis**This workshop aims to provide delegates with the knowledge and skills necessary to:* Recognise and treat Depression and Anxiety spectrum disorders in primary care
* Know how to refer to the appropriate service if secondary care intervention is required

**Biography**Dr Ranjeet Shah completed his Psychiatry training in the UK. He has been working as a Consultant in the TEWV Trust for over 7 years. His clinical role is in the Hartlepool Access and Affective Disorders teams and he is also the Associate Clinical Director of Adult Mental Health in Teesside. He takes an active interest in teaching and training especially within primary care and regularly visits GP surgeries in Hartlepool and Teesside. He has facilitated and delivered several Lunch and Learn sessions for GPs in Hartlepool.Email: ranjeet.shah@nhs.net Telephone: 01429 803752  |

*WORKSHOP 2 OPTIONS ON NEXT PAGE >>>*

**Workshop 2: 1.30pm to 2.45pm**

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| **EATING DISORDERS FOR GP’s**Nick Wolstenholme - Consultant Psychiatrist in Eating Disorders, TEWV **Workshop synopsis**This interactive workshop will discuss:* Recognising patients with eating disorders and how they may present in primary care, both typical and atypical cases
* Understanding what drives the behaviour
* Understanding the risks associated with starvation, refeeding syndrome and compensatory behaviours and when to escalate
* When and how to refer to appropriate secondary services

**Biography**Dr Nick Wolstenholme is a Consultant Psychiatrist at a Community and Day Service Eating Disorders Team in Stockton-on-Tees. Dr Wolstenholme has an active interest in raising the profile of eating disorders, and in particular teaching.  He provides regular teaching to medical students, junior doctors and healthcare professionals in a wide variety of settings across the region.  He takes an active interest in research and is a principle investigator for a multi-centre study. He is also involved in the provider collaborative for the North Centre of Eating Disorders.Email: nicholas.wolstenholme@nhs.net Telephone: 07786 312897 |

**MANAGING SELF-HARM IN ADOLESCENTS**

Dr Clare Fenton - Consultant Child and Adolescent Psychiatrist, Mill Lodge CAMHS Inpatient Unit and Honorary Senior Lecturer at Hull York Medical School

**Workshop synopsis**

This workshop will enable you to be become familiar with:

* How to ask about self-harm
* Warning signs for serious risk
* How to talk to parents and when to break confidentiality?
* When does self-harm need a referral to CAMHS?
* What advice can I give to reduce self-harm?
* What other resources can young people use other than CAMHS for help?

**Biographies**

Dr Clare Fenton is a consultant child and adolescent psychiatrist working with Mill Lodge CAMHS Inpatient Unit (Leeds & York Partnership NHS).  She also works with the Child Orientated Mental Health Intervention Centre at York University, currently studying the aetiology of self-harm in young people among other research projects.  Clare was part of the expert reference group that designed the National Self-Harm and Suicide Prevention Competence Framework for children and young people**.**

Email: clare.fenton@nhs.net Telephone: 01904 615300

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| **MENTAL HEALTH CONSULTATION SKILLS FOR GP’s**Antony Stones - Advanced Clinical Practitioner for Haxby Group, York**Workshop synopsis**In this session I will discuss the patient experience of mental health, the impact this can have on consultations, and approaches that may facilitate an effective consultation. The aim of the session is to:* increase confidence in undertaking mental health consultations and
* maximise clinical effectiveness to improve outcomes for both clinician and patient.

**Biography**After a decade as a paramedic for Yorkshire Ambulance Service I made the move into primary care and am now an Advanced Clinical Practitioner for Haxby Group. For my MSc dissertation I analysed the evidence for non-pharmacological means of addressing anxiety and depression and produced a patient information leaflet. I have lived with anxiety and depression for many years and developed PTSD whilst working as a paramedic, as such I have been on both sides of the desk for mental health consultations and have learnt a lot that isn't necessarily taught in the classroom.  |

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| ‘**WORKING WITH PATIENTS WHO HAVE A DIAGNOSIS OF EMOTIONALLY UNSTABLE PERSONALITY DISORDER (EUPD WITHIN GP SETTINGS** Dr James Bowness Clarke - Consultant Clinical Psychologist, Durham and Darlington Crisis Services **Workshop synopsis**The workshop will review * diagnostic criteria,
* good practice for risk management and intervention plans for patients who have a diagnosis, or present with symptoms, of EUPD.
* We will spend time reviewing factors that contribute to clients presenting with symptoms of EUPD,

referencing attachment theory. The workshop will be interactive and use a case example to relate theory into practice. There will also be an opportunity for attendees to discuss clinical examples they have encountered; we will review clinical cases of patients who have input from specialist mental health teams, as well as managing patients who only receive support from their GP.**Biography**The workshop will be delivered by Dr James Bowness Clarke, Consultant Psychologist for Durham and Darlington Crisis Services. I have extensive experience of delivering Dialectic Behaviour Therapy for patients with a diagnosis of EUPD in community settings, further to managing patients with EUPD who present to crisis services with high levels of risk’. Email: j.bownessclarke@nhs.net Tel: 075571 58965 |

**RESPONSES TO TRAUMA FOR PROFESSIONALS**

Sally Smith - Trauma Informed Care Locality Lead. Sally is a lived experience advisor who aims to use her 20 years’ experience of using MH services to influence change and improve patient experience.

Amanda Hall - Highly Specialist Psychological Therapist / Cognitive Behavioural Psychotherapist, SARC Pathway Lead. Trauma Informed Care, Personality and Relational Clinician for North Yorkshire

Dr Ollie O’Mara - Consultant Clinical Psychologist, North East and Cumbria; Yorkshire and Humber Forensic CAMHS

**Workshop synopsis**

Introduction and pandemic through a trauma lens and our services within TEWV

* Stress
* Pressure on services
* Responses
* Shame

What is trauma

* Difference between adversity and psychological trauma
* ACES, PCES
* Highlight patient experience and sensible adaptations for Children and Young People, those with a learning disability and adults
* Explore the impact on GP’s and practice teams
* How to support GP’s and their teams
* What we are doing in TEWV

Email: sally.smith46@nhs.net / amanda.hall12@nhs.net / o.omara@nhs.net

 *WORKSHOP 3 OPTIONS ON NEXT PAGE >>>>>*

**Workshop 3: 15.15pm to 16.30pm**

**ADULT ADHD FOR GP’s**

Maria Mazfari – Nurse Consultant D & D Community Adult Mental Health Services

Tina Profitt – Healthcare Support Worker (Retired Clinical Nurse Specialist – ADHD)

Lesley Campbell – Clinical Nurse Specialist Adult ADHD, Specialist Adult ADHD Service in the North East of England, based in Stockton-On-Tees

**Workshop synopsis**

This workshop will provide information to GPs around

* What adult ADHD is
* Assessment, diagnosis, and management of ADHD referring to NICE guidance for ADHD in Adults
* Clinical management and resources will be explored through the presentation and group discussion

**Biographies**

**Maria Mazfari**

Maria is currently working as a Nurse Consultant full time across Durham & Darlington Community Adult Mental Health services whilst maintaining a specialist interest in Adult ADHD.

Maria is aRegistered Nurse in Mental Health (RN/MH) she has a Diploma in Mental Health Nursing, a BSc Hons Degree in Mental Health Nursing, an MSc Specialist Field Nursing Degree and is a Non-Medical Prescriber.

Previous roles have involved; Staff Nurse on a psychiatric acute admissions ward, CPN within a Community Mental Health Team, Intensive Home Treatment Worker, Crisis Resolution Team Caseworker (10 years). Maria worked within a Specialist Adult ADHD Service for 9 years working full time as a Clinical Nurse Specialist for 6 years before progressing to an Associate Nurse Consultant role.

Email: maria.mazfari@nhs.net Telephone: **07769 364682**

**Lesley Campbell**

Lesley works full time as a Clinical Nurse Specialist within a Specialist Adult ADHD Service. She is a Registered Nurse in Mental Health; she has an Advanced Diploma in health studies and a BA (hons) Degree in Psychological Therapies (psychodynamic pathway) she is also a non-medical prescriber.

Previous roles have included ward based, day centre and community nursing in acute settings, drug and alcohol, eating disorders and some years in Management. Lesley’s favourite aspects of the job are the patients and if 95% of her working time could be with them she’d be an even happier nurse. Lesley has received her 25 years long service award because she joined nursing when she was 5…that’s her story and she’s sticking to it!

**Tina Profitt**

Tina was practising as a Registered Nurse in Mental Health (RMN) for over 30 years. She worked part time as a Clinical Nurse Specialist within a Specialist Adult ADHD Service in the North East of England, based in Stockton-On-Tees for six years before retiring, later returning to TEWV in a community healthcare support role (in response to the COVID-19 call-up). Previous roles have involved; Staff Nurse on Psychiatric Acute Admissions Wards and Day Unit running Clozaril / Lithium Clinics and managing the ECT suite at Winterton Hospital (10 years). Community Psychiatric Nurse in a CMHT (10 years) Community Psychiatric Nurse in Eating Disorders and Older Peoples Services (8 years).

Tina always considered herself to be a ‘bread and butter nurse’ and not a ‘specialist’ as her previous title stated; she enjoys working with people, finding them an endless source of fascination and sometimes frustration but mostly, generally, a pleasure.

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| **PROBLEM GAMBLING – WHAT GP’s NEED TO KNOW** Matt Gaskell - Consultant Psychologist & Clinical Lead for the NHS Northern Gambling Service**Workshop Synopsis** Gambling addiction has been called an epidemic and a public health crisis, yet it has had little penetration into primary care, unlike alcohol misuse. A recent YouGov prevalence survey showed there are 1.4m adults with gambling disorder, whereas we have 580,000 adults with alcohol dependence. It has the highest suicide rate of all the addictions, with a recent study showing a gambling addict has fifteen times the risk of the general population. Gambling operates under outdated legislation that has not kept up with the rapid expansion of the gambling industry and of highly addictive products often played online in isolation. Gambling addiction devastates every domain of your life (e.g. mental health, physical health, relationships, finances, parenting, employment and education) yet can be kept hidden well into the throws of addiction. It not only affects individuals, but families, communities and society as a whole.This Workshop will be a call to arms for all GPs and Primary Care staff to * Raise awareness of this hidden epidemic and the support available
* Understand how to identify these problems and where to access help
* It will outline the work of the NHS Northern Gambling Service

**Biography**Matt Gaskell is the Clinical Lead for Addictions for The Leeds & York Partnership NHS Foundation Trust. He is a graduate of University of Sussex and University of Liverpool, where he completed his post-graduate studies in 1999. He became head of addiction treatment for the high security prison estate in the 2000’s before moving to the Leeds Addiction Unit where he became Clinical Lead as well as programme manager for the degree programme in Addictions at University of Leeds. In 2019 he became Clinical Lead for the new NHS Northern Gambling Service, which has clinics in the North East, North West, & Yorkshire. He advocates for a public health approach to preventing and minimising gambling harm, and has twice given evidence to parliamentary committees on reducing gambling harm.Email:  matthew.gaskell@nhs.net    Telephone:  0300 300 1490 |

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| **SUICIDE – AWARENESS AND PREVENTION** Dr James Sampford - Consultant Liaison Psychiatrist, Crisis Resolution and Home-Based Treatment Team/ Liaison Mental Health Team.**Workshop synopsis**This workshop covers the fundamental concepts of suicide awareness for GPs.  Through practical case scenarios and group discussion, the session will include:* A consideration of risk factors associated with suicide
* How to assess for potential suicidal ideation
* Case scenarios
* The role of general practice in this field

**Biography**Dr James Sampford trained in medicine at the University of Glasgow before completing the Foundation Year programme and Psychiatric Core Training in the West of Scotland Deanery.  He decided to return home to Yorkshire to complete Higher Training in Psychiatry (working in Leeds and York), before accepting a Consultant Post with the Crisis Resolution and Home-Based Treatment Team in York and Selby in 2015.  Dr Sampford’s main clinical interests lie in acute psychiatry.  He holds accreditation from the Royal College of Psychiatrists in Liaison Psychiatry; his role has diversified in recent years to include Liaison Psychiatry work in York Hospital, alongside Crisis and Home-based Treatment.  Both areas involve intensive working with patients at high risk of suicide.  Dr. Sampford regularly delivers training on suicide risk assessment and management for the Foundation Year programme in Yorkshire and to a variety of clinical teams at York Hospital.Email: james.sampford@nhs.net Telephone: 01904 526582 |

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| **INTRODUCTION TO COUNSELLING FOR DEPRESSION AND INTER-PERSONAL THERAPY AND HOW THEY ARE USED IN IAPT** Anne Found is the Lead Counsellor for the York & Selby IAPT Service,**Workshop synopsis**Introduction to Counselling for Depression (CFD) and Interpersonal Therapy (IPT) * how they are used in IAPT
* how the models treat depression
* who they are appropriate for and the evidence base behind the two modalities

**Biography**Anne Found is the Lead Counsellor for the York & Selby IAPT Service, having been in post since September 2018. Anne qualified as a counsellor in 2009 and has worked in primary care since. In 2012 Anne joined an IAPT Service within Humber NHS Foundation Trust were she was employed as Senior Counsellor. Anne is qualified in Counselling for Depression as clinician and supervisor. Anne has a special interest in working with loss and bereavement and is also a Champion of Older Adults. Email: anne.found1@nhs.net |

**DEMENTIA IN PEOPLE WITH A LEARNING DISABILITY**

Dr Nicola Baylis - Consultant Psychiatrist specialising in the mental health of people with a Learning Disability

**Workshop synopsis**

This workshop aims to give a pragmatic guide to

* the presentation of dementia,
* its assessment and management in people with a learning disability using some case studies
* top tips and the opportunity to answer questions.

**Biography**

Dr Baylis is a Consultant Psychiatrist specialising in the mental health of people with a Learning Disability. She works in a community team in Darlington supporting adults who have a learning disability with a wide range of mental health conditions. She is also a trainer and coach in the trust alongside this role.

Email: nicola.baylis@nhs.net Tel: 01325 522050